

LISTENING REFLECTIVE JOURNALS GUIDELINE

Unit 7: Sporting Greats - Assessment as Learning (AaL)

Based on: Stevens, D.D. & Cooper, J.E. "Journal Keeping: How to Use Reflective Writing for Learning, Teaching, Professional Insight and Positive Change"

LISTENING REFLECTIVE JOURNAL STRUCTURE

JOURNAL ENTRY TEMPLATE

Student Name: _____

Date: _____

Audio Title: _____

Duration: _____

SECTION 1: PRE-LISTENING REFLECTION

1.1 Preparation and Mindset

- What do I already know about this sporting hero/topic?
- What challenges do I expect to face today?
- What is my current confidence level for listening?
- What specific listening goals do I have for this session? (1-10 scale)

1.2 Strategy Planning

- Which listening strategies will I use today?

- ☐ Predicting content from title/images
- ☐ Listening for key words and phrases
- ☐ Focusing on intonation and stress
- ☐ Taking notes while listening
- ☐ Visualizing the information
- ☐ Connecting to prior knowledge
- ☐ Other: ____

1.3 Language Focus Preparation

- What passive voice structures am I listening for?
- What sports vocabulary do I expect to hear?
- What grammar patterns should I pay attention to?

SECTION 2: DURING-LISTENING REFLECTION

2.1 Strategy Monitoring

- Which strategies am I using right now?
- What is helping me understand the audio?
- What is making comprehension difficult?
- How am I dealing with unknown words or phrases?

2.2 Content Tracking

- What main ideas am I understanding?
- Which specific details am I catching?
- What passive voice examples have I noticed?
- How confident am I about my understanding so far? (1-10 scale)

2.3 Challenge Management

- What parts are most challenging and why?
- How am I adapting my strategies when I don't understand?
- What questions are arising as I listen?

SECTION 3: POST-LISTENING REFLECTION

3.1 Comprehension Self-Assessment

- How well did I understand the overall message? (1-10 scale)
- What were the main points about this sporting hero?
- Which details did I understand clearly?
- What information did I miss or find confusing?

3.2 Strategy Effectiveness Evaluation

- Which listening strategies worked best for me today?
- Which strategies were less helpful?
- What would I do differently next time?
- How did my predictions compare to the actual content?

3.3 Language Learning Insights

- What new sports vocabulary did I learn?
- Which passive voice structures did I identify?
- How has my understanding of sporting achievements improved?
- What grammar patterns did I notice?

3.4 Personal Connections and Motivation

- How does this sporting hero inspire me?
- What similarities do I see with athletes I know?
- How might this person's story motivate others?
- What questions would I like to ask this athlete?

SECTION 4: METACOGNITIVE REFLECTION

4.1 Learning Process Awareness

- What did I learn about my listening abilities today?
- How has my listening confidence changed?
- What patterns do I notice in my listening challenges?
- How am I improving as a listener?

4.2 Strategy Development

- What new listening strategies did I discover?
- How can I apply today's successful strategies to future listening?
- What specific skills do I need to practice more?
- How will I remember to use effective strategies?

4.3 Goal Setting and Planning

- What listening goals do I have for next time?
- What specific areas need improvement?
- How will I practice listening skills outside class?
- What support do I need from my teacher?

SECTION 5: PROGRESS TRACKING

5.1 Confidence and Competence Ratings

- Overall listening confidence: Beginning of session /10, End of session /10
- Comprehension of main ideas: /10
- Understanding of details: /10
- Recognition of passive voice: /10
- Sports vocabulary comprehension: /10

5.2 Growth Documentation

- Compared to last week, my listening has:
 - ☐ Improved significantly
 - ☐ Improved somewhat

- Stayed the same
- Needs more work

5.3 Evidence of Learning

- One specific example of improvement I noticed today:
- One challenge I overcame during this listening session:
- One new insight about my learning process:

Document Prepared by: [Instructor Name]

Date: [Current Date]

Based on: Stevens & Cooper's Journal Keeping Principles

Aligned with: Unit 7 Assessment Plan - Assessment as Learning Framework